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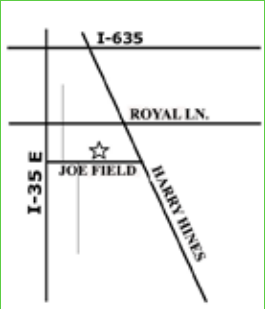


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Exercise Counters Physiological Effects of Holiday Excess



Earlier studies have found that even a few days of energy surplus -- where you consume more calories than you burn -- brings detrimental health impacts. This new study shows that a daily bout of exercise generates vast physiological benefits even when you consume thousands of calories more than you are burning. Exercise clearly does a lot more than simply reduce the energy surplus.

James Betts, one of the researchers from The University of Bath, says: “This new research shows that the picture is more sophisticated than ‘energy’ alone: exercise has positive effects even when we are actively storing energy and gaining weight.”

After just one week of overeating, people being monitored showed poor blood sugar control and their fat cells were expressing genes that lead to unhealthy metabolic changes and disrupted nutritional balance. However, these negative effects were markedly less in those who were exercising.

Jean-Philippe Walhin, a researcher on the study, says: “Our research demonstrates that a short period of overconsumption and reduced physical activity leads to very profound negative changes in a variety of physiological systems -- but that a daily bout of exercise stops most of these negative changes from taking place.”

In the study, 26 healthy young men were asked to be generally inactive in their daily activities. Half of the group then exercised daily on a treadmill for 45 minutes. Everyone was asked to overeat: the non-exercising group increased their caloric intake by 50%, whilst the exercising group increased by 75%, so everyone’s net daily energy surplus was the same.

Dr Dylan Thompson, senior author on the paper, says: “A critical feature of our experiment is that we matched the energy surplus between groups -- so the exercise group consumed even more energy and were still better off at the end of the week.”

After one week, the groups had blood insulin measurements and biopsies of fat tissue taken, with striking results. The non-exercising group showed a significant and unhealthy decline in their blood sugar control, and their fat cells were overexpressing genes linked to unhealthy metabolic changes and were under-expressing genes involved in well-functioning metabolism. However, the exercising group had stable blood sugar levels and their fat cells showed less ‘undesirable’ genetic expression.

Jean-Philippe Walhin, a researcher on the study, says, “Short-term overfeeding and reduced physical activity had a dramatic impact on the overall metabolic health of the participants and on various key genes within fat tissue -- and exercise prevented these negative changes even though energy was still being stored.”

Dr Dylan Thompson says: “If you are facing a period of overconsumption and inactivity, which is probably quite common around the holidays, then our study shows that a daily bout of exercise will prevent many of the negative changes from taking place even though you are gaining weight.”

The effects are obvious, but the underlying causes will need further study to be determined. The findings are likely to apply to other groups, like older adults and women, and perhaps to lesser amounts of training.

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Exercise Alleviates Sexual Side-Effects of Antidepressants in Women

New psychology research, which could have important public health implications for alleviating some side effects of antidepressants, shows that engaging in exercise at the right time significantly improves sexual functioning in women who are taking the antidepressants.

The study, published online in *Depression and Anxiety*, shows that sexual dysfunction can be effectively treated with an inexpensive, non-invasive prescription of moderately intense workouts.

“These findings have important implications for public health, as exercise as a treatment for sexual side effects is accessible, cheap and does not add to burden of care,” says Tierney Lorenz, an Indiana University post-doctoral research fellow who conducted the study at The University of Texas at Austin with Psychology Professor Cindy Meston.

The researchers recruited 52 women who reported sexual side effects from antidepressants. During the first three weeks of the study, the participants engaged in sexual activity with no exercise. In the second experiment, the participants completed either three weeks of exercise immediately before sexual activity, or three weeks of exercise not timed to it. They all also engaged in sexual activity and 30 minutes of strength training and cardio exercise three times a week. The two groups then reversed roles in the last experiment. Women who exercised regularly were asked to add three extra sessions to their workout routines.

The results showed that 30 minutes of exercise just before intercourse can reduce the effect of the libido-dulling drugs. They were based on the participants' self-reported assessments of their sexual functioning, satisfaction and psychological health before and after each experiment. They also reported each sexual event in online diaries. According to the findings, committing to a regular exercise routine improved orgasm function in all women. However, those who exercised immediately before sex experienced significantly stronger libidos and overall improvements in sexual functioning.

Moderately intense exercise activates the sympathetic nervous system, which facilitates blood flow to the genital region. Antidepressants have been shown to depress this system. Scheduling regular sexual activity and exercise may be an effective tool for alleviating these adverse side effects, Lorenz says.

“Considering the wide prevalence of antidepressant sexual side effects and the dearth of treatment options for those experiencing these distressing effects, this is an important step in treating sexual dysfunction among women who are taking antidepressants,” Lorenz says.



10 Tips to Help You Keep Your New Year's Resolution

Chances are at some time in your life you've made a [New Year's resolution](#) — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your [resolution](#) is to take better care of yourself and [get healthy](#), you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.

1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a [goal that is attainable](#), such as avoiding it more often than you do now.

2. Plan Ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, [practicing positive thinking](#) and self-talk, or reminding yourself how your "bad" will affect your goal.

4. Make a "Pros" and "Cons" List

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It

Don't keep your resolution a secret. Tell [friends](#) and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. Reward Yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with [new fitness clothing](#) or by going to a movie with a friend.

7. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help [keep you motivated](#). Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don't Beat Yourself Up

[Obsessing over the occasional slip](#) won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It

Experts say it takes about 21 days for a new activity to become a [habit](#) and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. Keep Trying

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

What are your 2014 goals? Share them in the comments section below, and start getting support now!



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Woman Turns ‘Orgasms Into Presents’

Amy Kingston, a student and department store clerk, said she took on an extra job as a sex toy tester to buy her family the Christmas gifts of their dreams. There may be a subtle “Gift of the Magi” lesson to be learned here.

The 20-year-old, who says she has always had a hearty sex drive, was shopping for a new vibrator on LoveHoney.co.uk when she came upon an ad seeking customers to review toys for money. She applied, was hired and became a popular contributor after only a few weeks.

“Initially, I was being sent about two or three toys a week and I couldn’t stop smiling when my mum asked why I was having so many parcels delivered,” Kingston told Reveal.

As her reviews increased in popularity, she began receiving more toys and earning more money. She now earns around £250 a month.

“I can’t wait to see all of my friends’ and family’s faces when they open their presents. I’ve really gone to town,” Kingston said. “They don’t know about my saucy new job and I’ll never tell them. I can’t imagine my granny’s face if she knew I’d paid for her posh new fur hat and shearling gloves by reviewing sex toys.”

So far, she has spent her sex toy “research” cash on perfumes, designer shirts and jewellery for her family and boyfriend.



Prostitution Is About to Get a Whole Lot More Legal in Canada



Canada’s supreme court on Friday struck down all of the Great White North’s current anti-prostitution laws, declaring that bans on brothels and street solicitation along with other restrictions unconstitutionally violate the safety of prostitutes. The sweeping decision does not go into effect immediately, however, giving Parliament one year to come up with other ways to regulate the sex trade industry if lawmakers choose to do so. Here’s the [Toronto Star](#) with where things stand now:

That means if, 12 months from today, the federal government has not redrawn the laws to address the court’s concern that they are too arbitrary, overbroad and “grossly disproportionate,” then prostitutes will be allowed to legally practice their trade, hire drivers, bodyguards, accountants and screen their clients freely.

In the meantime, the Criminal Code ban on brothels, living on the avails of prostitution and communicating for the purposes of prostitution remain in full effect. Police may continue to lay charges and courts may prosecute.

As that snippet suggests, prostitution was already *technically* legal north of the border—although lawmakers had sought to restrict the industry where ever they could by making most related activities illegal, including running a brothel (or a “bawdy house” as it’s apparently often known in Canada) or public solicitation. Those restrictions aside, as Chief Justice Beverley McLaughlin explained in the unanimous ruling: “It is not a crime in Canada to sell sex for money.”

Today’s ruling came in response to a legal challenge by a trio of women with experience in the sex trade. A top appeals court had previously agreed with their challenge and overturned many of the anti-prostitution restrictions, a ruling the high court agreed with—and expanded on—this morning. The women in the case had claimed, in the words of [CBC News](#), “that the laws prevented them from safely conducting their business as sex-trade workers, arguing that hiring bodyguards and drivers, and being able to work in private homes or talk with potential clients in public were important to their safety.”

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THE HARD SCORE



by Pat "Two Dogs" Snow
To Bark Back Email:
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Many people believe the life of a sports writer to be a glamorous and exciting. Then again, many fans believe we're meant to be keel hauled. While some consider us practical purveyors of sports action, others consider us disposable fodder.

Why do I bring this up? Because the time and place seems right in America for the creation of a *tenth muse*. Yes, I know, the Muses (nine) are all women, but hey, considering all the social changes today, why not a *male* muse? One that covers sports?

The Original Nine, as we shall call them, cover all areas of the arts and sciences but nothing with sports. Since they're of Greek origin, and the Greeks were the originators of the Olympic Games, it just seems now is the time to correct that oversight, what with the Sochi, Russia, Olympics beginning in February.

The history of women in the early Olympics is a wee tad murky, but there is some to throw out there. Let's begin with visitation privileges. Married women were barred from the Olympics but prostitutes and virgins were allowed to be spectators. The distinctions drawn have not made an intelligible translation to my contemporary mind as yet.

Women originally were among the prizes awarded.

The first female Olympic Champion was a Spartan Princess, Kynisca, in chariot racing and parlayed that into a career as a successful horse trainer.

Kallipateria was the first Olympic female boxing coach in 440 BC.

Women had their own sporting games (of Hera) from about 1000 BC.

And as a note to show how marvelously well the world has temperamentally grown towards women's inclusion in sports, it wasn't until the 2000 Sydney Games that the modern women's pentathlon was allowed to be contested. That's a 3000 year gap.

So we do have a female presence in sporting and the Olympics, just no muse to watch over them.

It seems to me that while the Nine Muses were given extraordinary acclaim over the higher levels of learning of the times, they weren't allowed to hold say or sway over the masculine world of sports.

In today's world, traditions are meant to be challenged, questioned, modified, and in some cases, overthrown. So, let's push forward the idea of a Tenth Muse, of Sportica, and have it held by a male.

While he would be several centuries late to the party, in Olympic time that's considered fashionable. And who better to co-mingle, dally, frolic, and share insight than a male sports writer? No better conduit could the Muses find to help bring them into the modern day Olympics.

And in anticipation of whom to be placed in such a position, would I self-nominate? Well, yeah, sure. Since I'm the first person to ever bring up such a thing, yeah, that pretty much gives me the credentials of insight and creativity that the Muses would desire, or, require, depending upon their moods.

Besides, the Russians are dealing with

terrorist bombers and public relation blowups and need to have a distraction of this magnitude to get them off the hook.

Let's break huddle and get to it. Unleash the hounds.

NCAAMF Bowls

Let's get right to the big boys. The two best bowls this year were the Rose and Orange, in that order. Nobody else came close. The Rose had Michigan State just taking out Stanford by 24-20, and the Orange had Clemson in a hair-raising win over Ohio State 40-35.

Smart coaching, exciting play, and no quit by anybody. Look for top draft selections over the next two years coming out of these schools.

And before anybody asks or yells, no, I don't think South Carolina's Clowney is a top ten draft pick. Maybe top second round. He takes plays off and regardless of that highlight hit (the running back didn't have his chin strap on tight which is why Clowney's hit knocked the helmet off) he has trouble with taking the big men straight on in one on one situations.

NFL Wildcard Round Recap

Ok, I didn't get it one hundred percent right, but I got three out of four and that put me in the top five percent of the Vegas pickers.

I said the Colts would win by a nose and 45-44 pretty much qualifies for that. I thought it would be the best game of the bunch, ouch. The first half sucked so bad my dogs left the room. A Tale of Two Halves is how that game is written. In the first half KC could do no wrong and Indy couldn't break glass with a hammer. In the second half, we're talkin' complete role reversal. The Chiefs went AWOL and the Colts found their game.

I don't know if the Saints booted that gorilla off their backs over road losses by defeating the Eagles 26-24, but it's put a great confidence builder in their heads for having to now go up to Seattle. Philly had mucho trouble against Ryan's 3-4 defense, enough that they may not have the same success next year, but will probably still own the NFC East.

The Chargers and Bengals played in what we call an Avon game, you know, Ding Dong. No, it wasn't a bell ringer, it was crazy. San Diego should have beat Cincinnati by more than 27-10, so I'm not all that impressed. What I think we did find out is that Bengals QB Dalton keeps making the same mistakes and he either needs better coaching or get used to being a backup with his next team. I've known Dalton's been having problems but I went against my better judgment and that bit me in the hindsight.

Strangely enough, this turned out to be the best game of the four, 49ers over the Packers 23-20. Start to finish on a frozen field it came down to who was gonna fight and succeed over a tough opponent and tougher weather. The winners walked away from this one with more of a tough assed feeling of accomplishment.

NFL Playoffs Division Round

All four of these should be great games. The kind where you call all your best friends, get all kinds of fried chicken and ribs and tater salad and two three hundred cold beers. If you need a napkin you're at the wrong house with the wrong crowd watching the wrong stuff.

Saturday January 11

3:30 CST

Saints at Seattle

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ball and chains and Seattle’s fans may give it to ‘em. Why? Because while they’re louder than a Big Bertha Howitzer, they do all that yellin’ when the opponent has the ball and they quit while their offense has the ball. For the Saints its stop the run first. Seattle has to attack through the air and if the Saints d-back Smith is out, that game goes to the Seahawks. While many will disagree, I’ll play with the Saints this round.

7:30 CST

Colts at Patriots

Indy has no choice, they have to start strong and finish stronger or they’re toast. I think they learned a hard lesson from how they almost lost to the Chiefs. Under normal field conditions most would agree that Belichick would stop the pass first and make the Colts beat them with the run. Not this time. Under icy cold conditions that Indy doesn’t play in, the Patriots will move to stop the run first. Brady will try to get man coverage and then hit a slant pass on short to medium routes. The Colts matchup on the receivers so they’ll stop the run and put pressure on Brady. Just to irritate the snot out of the know-it-alls I’m going with Indy.

Sunday January 12

Noon CST

49ers at Panthers

Don’t you just love grunge, er, grudge matches? In this fight it’s probably both. Two top drawer defenses, two above average running games, 49ers get the edge on quarterback and receivers. It’s indoors, a rare treat for the ‘Niners, and a house that hates them, which is odd for a non-divisional game. Give me San Francisco, please.

3:30 CST

Chargers at Broncos

And here you go, a division rivalry with spoiler written all over it. Well, it’s written in a lot of other places but not here. Yes, the Chargers did defeat Denver earlier. And yeah, talking fairy tales, a tortoise once beat the hare. But there’s different dogs in this fight going after different stakes. What’s San Diego’s big move? Go after Manning’s

ankle. Yep. The only way the Chargers win this game is to use Professor Moriarty as defensive coordinator and take Peyton out. Can the Chargers score? Sure. But the real question is, can they score at a rate that requires a calculator? I believe that’s rhetorical. Give me Denver in this one.

NHL

And now we get to the start of the new season, at least for us footballers. Hockey. As the NFL is winding down, we’re almost full time over into the NHL, who are just now hitting the halfway mark of their season.

And that’s what’s great about this time of year, the hitting just keeps coming. I know the tea sippers don’t get off on body contact sports, but somebody needs to make flowers their primary interest in life. For the rest of us, smash mouth football and hockey is what winds our clocks.

In the Western Conference the top four teams are the Ducks, Blackhawks, Blues, and Sharks. Programs with top systems with excellent coaches and benches, and skilled players that have bought in.

The Eastern Conference biggies are the Penguins, Bruins, Lightning, and Flyers. Pittsburgh is as strong as Anaheim but from there down it gets weaker.

Who do I think is the surprise team, the possible Cinderella team, the young guns team? The Dallas Stars. Yeah, that’s right, the Stars.

Ok, call me a homer, or worse, but it’s true. Watch around the league then grab a few Stars games and see what they’re doing. I’m not saying they’re going to win the Stanley Cup. Hell, I’m not even saying they’ll get in the playoffs this year. But what I am bringing to you is the word that these guys are excited about playing, they’re having a great time, they’re playing their butts off, and its slam bang when they’re on the ice.

For those of us in Dallas, we’re in dire straits to have a team that is fun, exciting, being built well and to win, and just wants to get out there and get after it. Those things

alone, after watching the Cowboys and Mavericks, make the Stars heads above anything else that’s on the local sports market.

What we do know is that owner Gaglardi is dedicated to his team, knows what kind of team he wants on the ice, knows how to pick a GM and front office staff, and knows how to let them do their jobs.

What everybody in Dallas and the rest of the sports world is about to learn over the next couple of years is that Gaglardi is one of the best owners in sports and the Dallas Stars are going to be a direct reflection of that.

Does that mean I’m totally convinced about his public decisions? No. I’m still not sold on Ruff being the coach, but that’s because he was for so long in Buffalo. The mark is going to be if he can make the transition to a different team with younger players and vastly different system. He seems to be enjoying himself, he seems to genuinely like the growing pains and being back to coaching and developing players and competing. And it looks like he’s taking to this team and is absolutely ready to go to battle with them.

For all you Dallas haters out there, especially in cities like Oakland and Cleveland and Minnesota, and Buffalo, and blah blah blah, go cry in your milk, because maybe the Cowboys aren’t doing squat, but these Stars are and you got zip.

Readers Response:

Two Dogs:

I keep hearing about this seamless thing, what th hellare they talking about? Why using a sewing word for football? And to replace coaches?

Marc – Duluth

Marc:

Where there’s a line there can be a hiccup, so seamless means no hiccup. Smooth. People like to make up words or steal words, I guess it’s like somebody ended your name in a “c” instead of a “k”. It’s just different, deal with it.

TD

Two Dogs:

Who do you think the breakout player for the Cowboys will be next season?

Derrick – Plano

Derrick:

I’d keep an eye on receiver Cole Beasley.

TD

Two Dogs:

Why do you think all the efforts to talk Jones into hiring a General Manager have failed?

Desirdre – Oak Cliff

Desirdre:

Because it’s much like riding a psychotic horse toward a burning barn.

TD

Two Dogs:

I don’t understand why it’s so hard for a person to play quarterback in the NFL when they have all the support in the world surrounding them.

Darnell – Columbia

Darnell:

Every week they’re exposed to things they haven’t faced before and they have seconds to make decisions on them. Does that happen in your job? If you’d like to get a first had idea, I have this horse that I need put in a barn.

TD

Two Dogs:

Jerry Jones doesn’t want a GM because he doesn’t want any different perspectives. He wants his own observations and instincts and that’s it. He listens to statistical and perceptive data and puts his own spin to it. He’ll fail until he realizes a GM can work with him, not as a toadie but for different perspective.

U.S. teens smoke more marijuana, but back off other drugs: survey



U.S. teenagers are smoking more marijuana, but backing away from other harmful drugs and doing less binge drinking, according to a report from federal health researchers released Wednesday.

Easier access to marijuana provided by new state laws allowing the drug for medical treatment may be a factor, according to the report from the National Institutes of Health.

The survey found that roughly 6.5 percent of high school seniors are smoking marijuana daily compared with 6 percent a decade ago and 2.4 percent in 1993, and nearly 23 percent of seniors said they smoked the drug in the last month.

About 4 percent of 10th graders said they smoke the drug daily and 18 percent within the last month.

“We should be extremely concerned,” said Nora Volkow, director of National Institute on Drug Abuse.

The growing use parallels an increase in the potency of marijuana, so the drug can be even more harmful to developing brains than in the past, she added.

More teens are smoking marijuana in part because they see less risk from regular use, according to the “Monitoring the Future” survey. Slightly less than 40 percent of 12th graders surveyed said they see regular marijuana use as harmful, down from 44.1 percent a year ago, the report said.

Researchers said many of the teens reporting regular marijuana use say they get the drug through a medical marijuana prescription, either written for themselves or someone else. Colorado and Washington state have legalized recreational use of marijuana, while 19 other states and the District of Columbia permit some form of medical marijuana use.

A separate study also out Wednesday underscored how legalization can translate into increased use. Washington state residents will consume an estimated 175 metric tons of marijuana this year, equivalent to about 50 half-gram joints for each man, woman and child in that state, according to a study commissioned by state officials.

The consumption figures are more than double what state officials estimated ahead of last year’s vote to legalize recreational use of the drug.

The Marijuana Policy Project, which advocates for legal marijuana, said Wednesday that legalizing marijuana with age restrictions might reduce marijuana use by teens.

“This data should inspire NIDA to examine the possibility that regulating marijuana like alcohol and cigarettes could be a more effective approach than the current system,” said MPP spokesman Mason Tvert.

On a positive note, researchers said teenagers reported reduced use of synthetic marijuana, sometimes called “K2,” or “Spice,” which has been tied to toxic reactions in some users. The use of harmful inhalants also declined over the last year, the survey said.

Cocaine and heroin use continued to show gradual declines in use by teenagers, with use of both drugs at historic lows.

Alcohol use by teens also continued a steady decline, the survey found. The percentage of tenth-graders who said they recently drank five or more drinks in a row dropped to 13.7 percent in 2013 from 15.6 percent in 2012, the survey said.

More than 41,600 students from 389 public and private schools participated in this year’s Monitoring the Future survey.



WTF?! Pictures

As a part of my job I am required to scour the web for the latest and the greatest to share with you guys, and every once in a while I run across an unexplainable picture and am compelled to save them. These are some of the craziest pictures I have found over this past year. It starts here and is continued on page 14. ENJOY!



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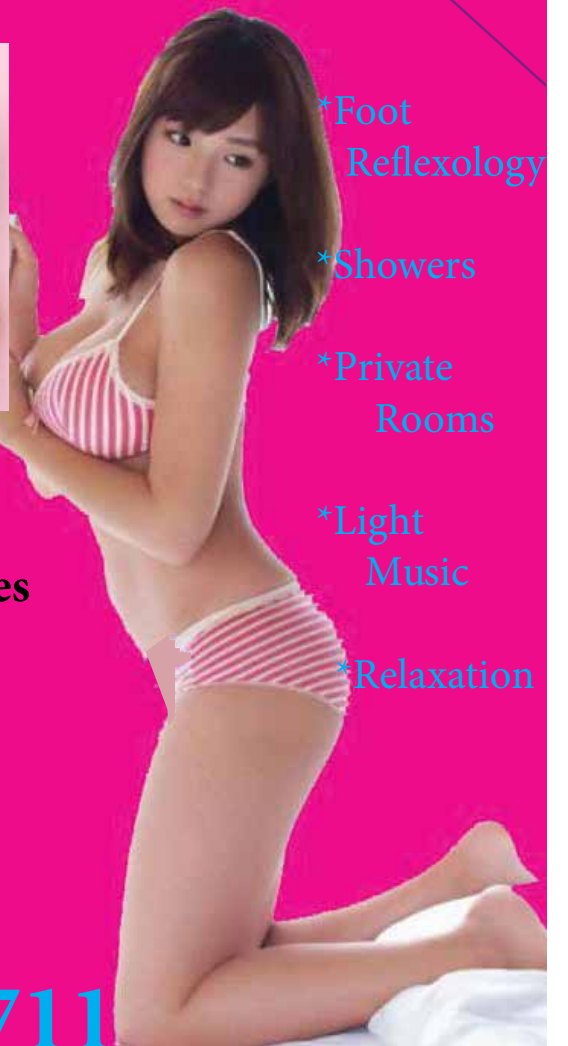
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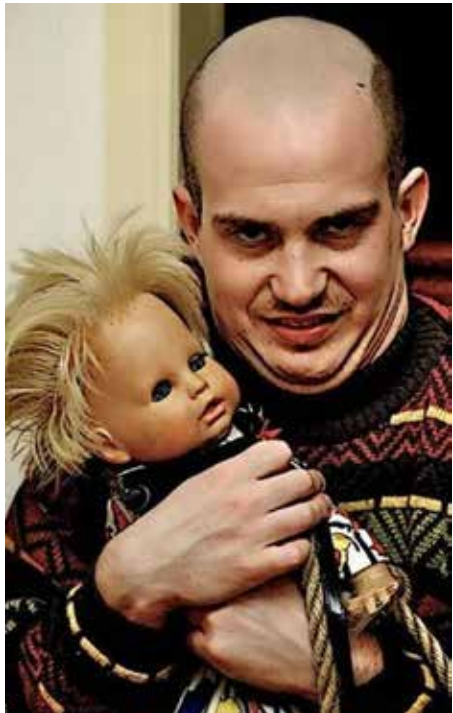


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Miss Nude World 50th Anniversary

By: Ms. Misha Morê

The first Miss Nude World International Pageant was held in upstate New York in 1964 and comedienne and jazz singer Samantha Jones was the first winner. There were eleven contestants and it was then called “Miss Ecdysiast World.” As the contest continued, more girls entered and were recognized as the best in their field. There were magazines on board early in the pageants, then movies made, HBO pay-per-view and finally charity events to show solidarity for human and earth causes.

There have been many memorable moments among them in 1990, the customer participation contests were added to the pageants, affording the men in the audience a chance to be on stage a physical part of the fun. In Houston in 1995, one of the male customer participants had a special pair of bikini underpants made that lit up and said “Vote For Me”! The Pageant has had contestants win from all over the world. There have been anxious moments, when, at the last minute there have been ties... and the ties must be broken.

This is the biggest Miss Nude World to date, not only is it the 50th year of the pageant, but over twenty of the world’s most beautiful and talented adult entertainers competed for the milestone title. Also this year, there were several entertainers that competed for the title of Newcomer of the Year.

All the contestants did an excellent job and performed with extravagant costumes and props. Aspen Reign, Justice Vancouver, Ashlyn Marie, Cali Rose, Chula, Destiny B Wilde, Holly Hart, Jenna Jaden, Kordella Kosor, Madison Ivy Love, PuertoRican Princess Zuma-Mariani, Rebecca Cleo, Stephany Stalls were the names of the competitors and 2013 Miss Nude World Winner Cassandra Jane performed her signature numbers.

A huge thank you goes out to Rio Rivers, Foxxxy Ladyz GM, Steve, and staff, all sponsors and crew, Zeek, Branden, and Joshua who constantly kept the mainstage cleaned and well maintained during each performances and competition.

The Top Winners:

Champion: Aspen Reign

First Runner Up: Justice Vancouver

Second Runner Up: Madison Ivy Love

Newcomer of the Year:

Champion: Cali Rose

First Runner Up: Chula

Second Runner Up: Ashlyn Marie





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10 Foods That End Bad Moods

Drew Ramsey, M.D., co-author of *The Happiness Diet*, says that eating the wrong foods can add to our daily stress and make us feel anxious, lethargic, and downright grouchy. What's worse, a diet that deprives our brains of much-needed "happy" nutrients also makes us fat. When you're stressed out, you're more likely to reach for high-calorie junk foods that pack on the pounds, fueling a never-ending unhappiness cycle that goes like this: You eat bad, then you feel bad, so you eat worse, and then you feel—you guessed it—even worse. But, there's an easy, drug-free way to boost your spirits and shrink your belly: brain food. Yep, feeding your brain with the right nutrients—found in these 11 simple foods—is all you need to do to improve your mood, boost your energy, and keep your hands out of the chip bag for good.



#1: Mussels - Mussels are loaded with some of the highest naturally occurring levels of vitamin B12 on the planet—a nutrient that most of us are lacking. So what's B12's mood-saving trick? It helps insulate your brain cells, keeping your brain sharp as you age. Mussels also contain the trace nutrients zinc, iodine, and selenium, which keep your mood-regulating thyroid on track. Another benefit? Mussels are high in protein and low in fat and calories, making them one of the healthiest, most nutrient-dense seafood options you'll find. (Tip: For mussels that are good for your body and the environment, look for farmed—not wild—options raised in the good ol' USA.)

#2: Swiss Chard - This leafy green is packed with magnesium—a nutrient essential for the biochemical reactions in the brain that increase your energy levels. A 2009 study in the *Australian and New Zealand Journal of Psychiatry* also found that higher magnesium intake was associated with lower depression scores. And Swiss chard isn't the only way to get your magnesium hit. Spinach, soybeans, and halibut also contain healthy doses of the energy-enhancing nutrient.

#3: Grass-Fed Beef - Animals raised on grass pastures boast much higher levels of healthy conjugated linoleic acid (or CLA), a "happy" fat that combats stress hormones and blasts belly fat. Grass-fed beef also has a lower overall fat count and contains higher levels of heart-healthy omega-3 fatty acids compared to grain-feed beef. Another great grass-fed option: lamb. It's packed with iron, a nutrient vital for a stable mood (the areas of the brain related to mood and memory contain the highest iron concentrations).

#4: Dark Chocolate - Turns out chocolate's delicious taste isn't the only reason it makes you feel so warm and fuzzy. The cocoa treat also gives you an instant boost in mood and concentration, and improves blood flow to your brain, helping you feel more vibrant and energized. But sorry, Snickers bars don't count. Cocoa is the chocolate ingredient that does your body good, so pure dark chocolate is your best bet if you want the mood-boosting benefits minus the extra belly flab. And don't overdo it: A recent study published in the *Journal of Psychopharmacology* found that a few ounces of dark chocolate a day is all you need to reap the benefits.

#5: Greek Yogurt - This dairy pick is packed with more calcium than you'll find in milk or regular yogurt, which is good news for your mood. Calcium gives your body the "Go!" command, alerting your brain to release feel-good neurotransmitters. As a result, inadequate calcium intake can lead to anxiety, depression, irritability, impaired memory, and slow thinking. Greek yogurt also contains more protein than regular yogurt, making it a terrific stay-slim snack. Our Greek-yogurt pick: Fage Total 2%, which packs an impressive 10 grams of protein per serving.

#6: Asparagus - Your mom was on to something when she made you finish those green spears at the dinner table. This vegetable is one of the top plant-based sources of tryptophan, which serves as a basis for the creation of serotonin—one of the brain's primary mood-regulating neurotransmitters. Asparagus also boasts high levels of folate, a nutrient that may fight depression (research shows that up to 50 percent of people with depression suffer from low folate levels). Some other terrific sources of tryptophan: turkey, tuna, and eggs.

#7: Honey - Honey, unlike table sugar, is packed with beneficial compounds like quercetin and kaempferol that reduce inflammation, keeping your brain healthy and warding off depression. Honey also has a less dramatic impact on your blood-sugar levels than regular sugar, so it won't send your body into fat-storage mode the way the white stuff can. Try adding some honey to your afternoon tea or morning bowl of oatmeal, but don't go overboard; the sweet nectar has 17 g of sugar and 64 calories per tablespoon, so too much honey can make you heavy, rather than happy.

#8: Cherry Tomatoes - Tomatoes are a great source of lycopene, an antioxidant that protects your brain and fights depression-causing inflammation. And because lycopene lives in tomato skins, you'll get more of the stuff if you throw a handful of cherry tomatoes into your next salad instead of slicing up one full-size tomato. Or enjoy them on their own with a little olive oil, which has been shown to increase lycopene absorption. And try to go organic whenever possible: Researchers at the University of California-Davis found that organic tomatoes have higher lycopene levels.

#9: Eggs - Eggs are loaded with mood-promoting omega-3 fatty acids, zinc, B vitamins, and iodide, and because they're packed with protein, they'll also keep you full and energized long after you eat them. Need another reason to crack some shells in the morning? A 2008 study in the *International Journal of Obesity* found that people who ate two eggs for breakfast lost significantly more weight than those who ate a bagel breakfast. (Tip: Don't buy into unregulated supermarket-egg claims like "omega-3 enriched" or "free-range." If you're looking for the most natural eggs, hit up a local farmer.)

#10: Coconut - Coconut is chock-full of medium-chain triglycerides, fats that keep your brain healthy and fuel better moods. And although coconut is commonly found in high-calorie desserts, you don't have to (and shouldn't) stuff your face with macaroons to get your fix. My suggestion: Try throwing some unsweetened coconut shavings in your oatmeal or yogurt, or toss some in your next healthy smoothie for a flavor boost that will keep you smiling and skinny.

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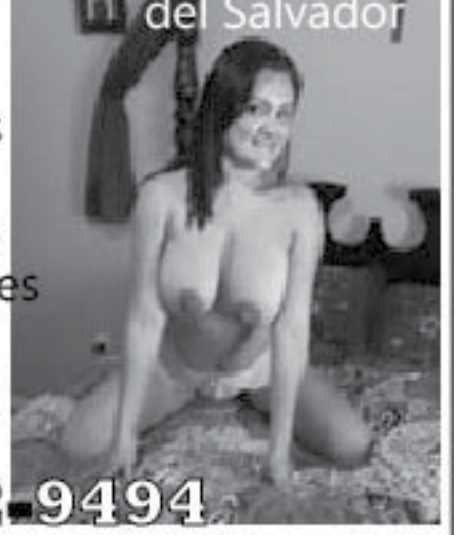
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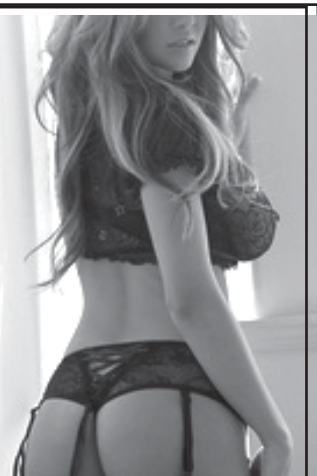
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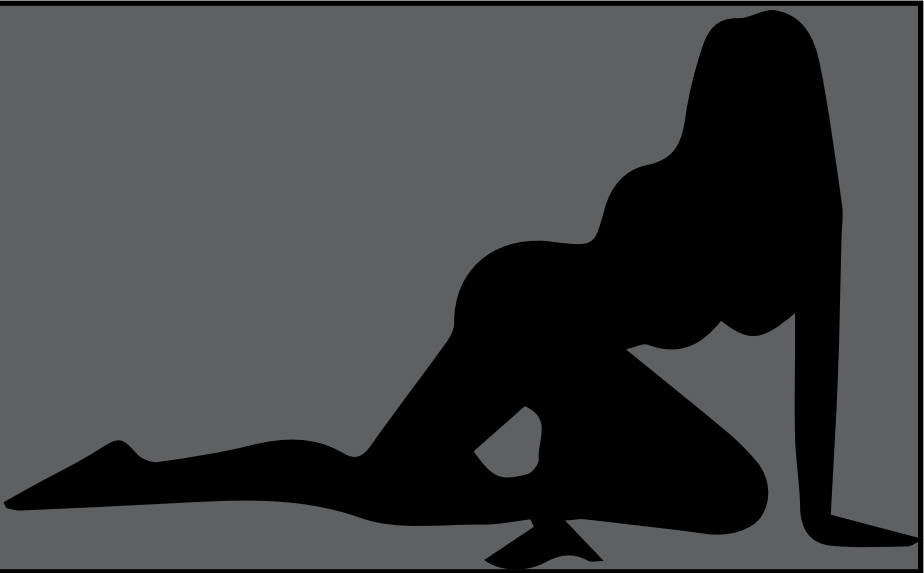
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